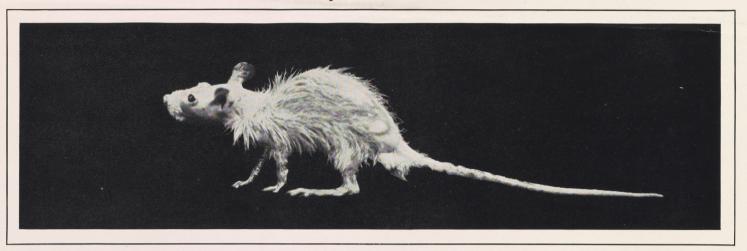
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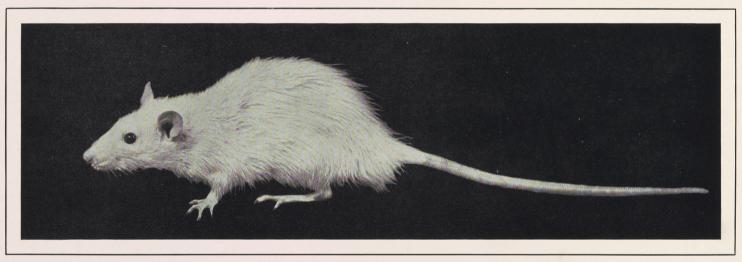


-Vitamin G-For General Well-Being

Male rat, 28 weeks old



This rat had no vitamin G and weighed only 63 grams. Note loss of hair and emaciated condition



The same rat 6 weeks later, after receiving food rich in vitamin G.
Its weight was then 169 grams

Good Sources of Vitamin G



Milk, all forms Cheese Eggs

Lean-muscle meats Liver and other edible organs

Green leaves Germ portion of cereals